

# 5 yr old boy 2

## FOODS

### Breakfast

Bread,Wholemeal,Fibre Increased,Toasted  
Peanut Butter,Unsalted,No Added Sugar  
Water,Bottled,As A Beverage

1 regular toast slice  
1 unsp serve  
1 bottle(200ml)

### Recess

.Arnotts sao with wholemeal [Biscuit]  
.Vegemite [Yeast extract]  
Apple,Red,Raw,Unpeeled  
Water,Bottled,As A Beverage

2 biscuit  
.5 tsp  
.5 medium (6-8cm dia)  
1 bottle(200ml)

### Lunch

Bread,Flat,White  
Cheese,Cheddar,Reduced Fat,Reduced Salt  
Lettuce,Common,Raw  
Tomato,Raw  
Water,Bottled,As A Beverage

1 small pocket bread  
.25 cup (shredded)  
.25 cup (shredded/chopped)  
1 medium slice (1cm thick)  
1 bottle(200ml)

### Afternoon tea

Yoghurt,Reduced Fat,Fruit&Nut  
Banana,NS Type,Raw  
Water,Bottled,As A Beverage

.5 tub (170g)  
1 small (<12cm long)  
1 bottle(200ml)

### Dinner

penne pasta with Tuna  
Water,Bottled,As A Beverage  
Lettuce,Mignonette,Raw  
Tomato,Cherry,Raw  
Capsicum,Red,Raw  
Cucumber,Lebanese,Raw

1 Serve  
1 bottle(200ml)  
3 leaf  
6 cherry  
1 ring (7.6cm dia,9.5cm long)  
1 serve (3 slices,3.5cm dia)

## ANALYSIS SUMMARY

|                  | Avg/Day | EAR | EAR(%) | Alerts |
|------------------|---------|-----|--------|--------|
| Protein (g)      | 52      | 14  | 376%   |        |
| Total fat (g)    | 38      |     |        |        |
| Carbohydrate (g) | 122     |     |        |        |
| Water (g)        | 1621    |     |        |        |
| Alcohol (g)      | 0       |     |        |        |

NRVs based on: Male, 5years, 19kg, 110cm, Light Activity

## ESTIMATED AVERAGE REQUIREMENT (EAR)

|                                  | Avg/Day | EAR    | EAR(%) |
|----------------------------------|---------|--------|--------|
| Protein (g)                      | 52      | 14     | 376%   |
| Thiamin (mg)                     | 1.35    | 0.50   | 271%   |
| Riboflavin (mg)                  | 1.42    | 0.50   | 283%   |
| Niacin equivalents (mg)          | 29.08   | 6.00   | 485%   |
| Vitamin C (mg)                   | 100.26  | 25.00  | 401%   |
| Total folate (ug)                | 193.01  | 160.00 | 121%   |
| Total vitamin A equivalents (ug) | 464.13  | 275.00 | 169%   |
| Magnesium (mg)                   | 293.67  | 110.00 | 267%   |
| Calcium (mg)                     | 712.58  | 520.00 | 137%   |
| Phosphorus (mg)                  | 873.49  | 405.00 | 216%   |
| Iron (mg)                        | 8.12    | 4.00   | 203%   |
| Zinc (mg)                        | 8.07    | 3.00   | 269%   |

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## ADEQUATE INTAKE (AI)

|                   | Avg/Day | AI      | AI(%) |
|-------------------|---------|---------|-------|
| Water (g)         | 1621    | 1600    | 101%  |
| Dietary fibre (g) | 22      | 18      | 125%  |
| Sodium (mg)       | 832.25  | 300.00  | 277%  |
| Potassium (mg)    | 2508.88 | 2300.00 | 109%  |

NRVs based on: Male, 5years, 19kg, 110cm, Light Activity

## UPPER LEVEL OF INTAKE (UL)

|                 | Avg/Day | UL      | UL(%) |
|-----------------|---------|---------|-------|
| Retinol (ug)    | 108.27  | 900.00  | 12%   |
| Sodium (mg)     | 832.25  | 1400.00 | 59%   |
| Calcium (mg)    | 712.58  | 2500.00 | 29%   |
| Phosphorus (mg) | 873.49  | 3000.00 | 29%   |
| Iron (mg)       | 8.12    | 40.00   | 20%   |
| Zinc (mg)       | 8.07    | 12.00   | 67%   |

NRVs based on: Male, 5years, 19kg, 110cm, Light Activity